



# ASPIRATIONS

Official Newsletter of APSIRE, INC.

**TRiO**

May—August 2009

October 3-7, 2009

Conference Website  
[www.aspireonline.org](http://www.aspireonline.org)



*A very great vision is needed and the man who has it must follow it as the eagle seeks the deepest blue of the sky."*  
- Crazy Horse

*Mt. Rushmore*



*Deadwood*



*Spearfish Canyon*



ASPIRE 2009

Registration begins in JUNE



5K Fun Run 2009 – Spearfish, SD

*Sign up for the  
5K Fun Run!!*

*Tuesday, October 6th  
at 7:00am*

*along beautiful Spearfish Creek*

*If you still want to get in on the fun, you may sign up and  
pay at the conference.*

*Transportation to Salem Park will be  
provided and everyone who participates in the fun  
run will receive a long sleeve t-shirt with a fun de-  
sign.*

The \$10 entrance fee includes a long-sleeve  
t-shirt, transportation, and prizes! Prizes will be  
awarded to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place finishers.



## *Message from the President*

Good Day ASPIRE!

Wow....it is hard to believe that our regional conference is right around the corner and my term as Regional President is coming to an end. I feel that over this past year the ASPIRE organization has done reasonably well and we are in a stronger position for the future.

Here are a few highlights!

- Our regional budget continues to grow and after our conference in Spearfish the Board should have the resources to focus on strategic initiatives that will better position the organization for the future.
- ASPIRE achieved 177% of COE Fair Share leading the country for the first time ever! Thank you Carol Gritts and all those who contributed in this effort!
- This year, 1/3 of the COE State Initiative grants were won by ASPIRE States. Colorado, Montana, South Dakota and North Dakota each received grants totaling \$2,950.00. Thanks to Ray Carlisle for his tireless efforts!
- 66% of TRIO projects in the region provided APR data for the first regional data sheet. This is a first attempt and next year a sub-committee will be in place to continue this yearly project.
- LDI has undergone changes under the leadership of Oscar Felix, Andrea Reeve and Kathy Felker. Past ASPIRE President Stefani Hicswa, Miles City Community College President, has agreed to return to contribute her skills and wisdom into this valuable program. I encourage you to allow your newest staff members and those who need to be re-energized to participate in this inexpensive yet valuable experience preceding the conference in Spearfish.
- The regional conference in Spearfish, South Dakota will be an incredible professional development opportunity, giving you the chance to learn from your colleagues, become immersed in the local culture, and renew your own spirit and personal commitment to yourself and others. Cody McMichael and his team have worked very hard to give each one of you an experience you will remember for years to come.
- Ryan Ross, ASPIRE President Elect, began reviewing the Strategic Plan and will be presenting the revised plan to the membership for review and adoption at the October Conference.
- To maintain consistency, Mike Wade has agreed to serve as the chair of the 501(c)(3) subcommittee to assist future boards in applying the newly obtained non-profit group exemptions to state associations.
- Elaine Metcalfe was appointed the Elections Chair and has revitalized the elections nomination process. Thank you Elaine for your work!

All committee chairs and Board members have done a remarkable job this year and I commend each of you for your service. I believe continuity and consistency in key leadership positions is what makes ASPIRE resilient to the challenges we have faced as an organization. I hope many of you in these positions will continue in your roles. Your work is appreciated! I want to thank the membership for their support and commitment to our association. ASPIRE members are viewed as national TRIO leaders because of the work and advocacy you provide at the local, regional and especially the national level. I look forward to transitioning Ryan into his role as President and I hope that each of you will continue to support him and TRIO as you have supported me. Finally we owe Michael Wade a debt of gratitude for his leadership through a very difficult time.

Thank you again for the opportunity to serve the region.





## Committee Reports

### ASPIRE Membership Committee

#### It's Time to Renew Your Membership

Membership renewals for the 2009-2010 membership year are arriving on a steady basis. Thank you to everyone that has already submitted their membership renewal. If you haven't had a chance to do so yet, please note that your 2008-2009 membership will expire on Wednesday, September 30. As always, if you plan to attend the ASPIRE regional conference under the member rate, you will need purchase your personal membership prior to conference check-in. Your membership will be gladly accepted at check in if you wish to purchase onsite. Membership forms are available on the aspire website [www.aspireonline.org](http://www.aspireonline.org).

#### The ASPIRE Employee Directory is Here!

The big news coming out of the membership committee is that of a new employee directory. Thanks to the work of the membership committee and several hours of internet research to identify known employees in the TRIO community for our region, our first online directory is available as a downloadable Excel file on the ASPIRE website. The document is structured with a separate tab for each state, and includes an alphabetical listing as well as an alphabetical by state listing. As with all directories, the information provided is only as accurate as the information provided. Please take a moment to review your program information. If any information should be changed, please contact Dawn Eckhardt at [dawneckhardt@mail.und.edu](mailto:dawneckhardt@mail.und.edu) with corrections. We hope this document proves to be a valuable tool to everyone in the region.





## News from South Dakota

### Black Hills State University

*The Student Support Services staff at BHSU would like to share this article written by **Rhiannon (Rae) Morgan**, a junior Environmental Physical Science major. Rae is a low-income, first-generation college student from the Crow Creek Indian Reservation. Rae participated in the Upward Bound program through BHSU for three years. She graduated first in her class and has utilized SSS services since she enrolled at BHSU. Rae's career goal is to travel to developing countries and help lead sustainability efforts.*

What sort of dreams do you have? Is there something you've always wanted to do, or experience? I wanted to travel to China; and that dream was fulfilled! I thought I could only dream of completing such a feat; but with my friends, and the help and support I received from Student Support Services (SSS) and the BHSU campus, it was accomplished.

I became interested in other cultures when I moved to college two years ago. I was introduced to South Korea, China, Japan and France through my roommate. I began to wonder if it was possible to travel to any of these countries, but most of all I wanted to visit China. China was one of my biggest interests of these countries. I began listening to the language through music and movies, and read news articles through translated websites. I also was very interested in the plans for the country's environmental issues.

As the 2008-2009 school year began, I discovered a notice: Travel to China. I was shocked! Could I really be able to travel there? I went to the meeting and found out that the trip had nothing tied to it academically. I could go! The only problem was that the trip's cost was around \$3500. The bill did not dampen my heart totally because I had a strong desire and I knew I would find a way to raise the money. I immediately began to save my money starting in November, but I knew I would need help; I went to SSS and told them of my goal to see if they could help me attain the \$3500 I needed for my trip. The trip was scheduled for May, and there were many deadlines that had to be met, such as getting my passport, a down payment for the trip, and getting a visa for China. In January, Stacey from the Higher Education office from my reservation, Crow Creek Sioux Tribe, stated they would consider giving me aid. In April Susan, in Student Support Services, and I finally received the response we were patiently waiting for: Higher Education stated they could supply over half of the bill. I was ecstatic! Furthermore, from saving up for five months, and a grant/scholarship from the SSS Student Organization, I finally had the total. I was finally ready for the trip!

The process might sound easy, but actually took place over nine months and I was busy with the trip's paper process up until two weeks before departure. However, the wait was worth it. I spent eleven days within China with nine other students and five faculty members from our school; two other schools also joined us.

I was able to see the Great Wall of China, the famous Terracotta Warriors, experience the practices of the cities' people and was exposed to the language and customs of the country. We visited Shanghai, Guilin, Yangshuo, Xi'An, and Beijing. My favorite city was Guilin; the atmosphere of the city was relaxed because it was so much smaller than Beijing and Shanghai and had only just begun to enter the tourism business. While in Guilin I found myself looking up into the faces of the Chinese Limestone Mountains, they were beautiful. These mountains are the kind of landscapes that are captured on postcards and known as a signature of China. One of my favorite activities was riding the bus to and from venues. I was able to watch the many different people pass by, and look up at the tall buildings and down the wide streets. Our group also had a few chances to explore the cities in our own free time; this was another of my favorites. Our BHSU group was



*News from Black Hills State University continued*

able to walk through what we called a Chinese flea market. A street was closed off and stands full of merchandise were set up. What a great experience.

I would not have had this once-in-a-lifetime experience if it were not for SSS and all the help I received from the individuals at the university. I am extremely grateful for what SSS does for its students, and very thankful for the help and support I received from the SSS staff at BHSU. There were many problems that Susan Hupp and I faced while preparing for my trip but I believe that the difficulties I faced will not be a problem for future students traveling and studying abroad since there is now a procedure in place. I would encourage any student who is interested in other cultures to pursue a study abroad experience. Don't let anything stop you!



*Guilin*



*Yuyuan Garden in Shanghai*



*Tourists on the Great Wall of China*



## Dakota Wesleyan University

It has been an exciting start to a new school year. The DWU TRIO Student Support Services program said goodbye to Director **Yolie Kernes** who moved on to a new adventure in Oklahoma. We all wish her the best. **Kate Miller** is taking over as Director. She has worked with the DWU TRIO program since August 2008. We are also welcoming **Amanda Welch** as our new Success Advisor/Tutor Coordinator.

There has also been a lot of programming for our students in August and September:

- TRIO Welcome Back Event: Students had a chance to pick up a planner calendar, learn about TRIO fall resources, meet the TRIO staff and the Peer Mentors.
- TRIO Study Skills Lab Series: Lead by TRIO Tutors and the TRIO Writing Center Specialist

Time Management  
Learning Styles

Note Taking Skills  
College Reading Skills (SQ3R)

- Plagiarism Workshop presented by the writing center specialist in the TRIO Writing Center
- Anti Test Anxiety Workshop presented by the TRIO/campus counselor
- Dodgeball Social hosted by the TRIO mentors for all new TRIO students.



*TRIO tutor presenting time management skills*



*DWU TRIO Peer Mentors at the TRIO Welcome Event*



## Northern State University Upward Bound

*NSU Upward Bound is the 'Lucky One.'* We received great press to kick off the 2009-2010 academic year. Marcia Forrester, a retired principal of Britton-Hecla High School, expressed her support on the front page of the Britton Journal in her new position as a journalist. Please enjoy her article by following this link to the Marshall County Journal website:



[http://www.zwire.comsitenews.cfmnewsid=20367707&BRD=1971&PAG=461&dept\\_id=175429&rfi=6](http://www.zwire.comsitenews.cfmnewsid=20367707&BRD=1971&PAG=461&dept_id=175429&rfi=6)

## Oglala Lakota College

Greetings from **Oglala Lakota College**! We would like to inform the A.S.P.I.R.E. community of our successful Grant Aid component. We awarded thirty nine freshmen grant aid and all completed the 2008-2009 academic year successfully. Additionally, thirty eight of the thirty nine freshmen came back this fall and registered for courses at OLC. This will be reported to the Department of Education on the annual Performance report of course! The retention rate for this particular group of freshmen is 97.45 %. On another note, attending the American Indian Business Leaders annual conference is one of our "Cultural" trips. SSS participants and graduates went to Phoenix, AZ this year. Their essays upon return reflected all they had accomplished and learned from their participation. (See picture below)



L to R back row: Tina Begay, Chance Rush, Eric Yellow Boy, Gloria Eastman, Jerilyn Chasing Hawk & Jedidiah Richards. Front row: Mandy Standing Bear, Sherrita McGuire, Lynelle O'Rourke, Kollette Medicine, Charity Brings Plenty & Melorie Minor.

*Pictured at right; Milton Fineran starting 1<sup>st</sup> year as Program Director. Counselors, Jackie Alcantar, (He Sapa) Thalia Wilson (Pine Ridge) & Jerilyn Chasing Hawk (Kyle) discuss highlights of the Annual Awards Luncheon.*





## News from North Dakota

### North Dakota State Meeting

On April 6<sup>th</sup> and 7<sup>th</sup>, ND ASPIRE members gathered in Bismarck, ND for our annual state meeting. The theme of this year's meeting was "Building Partnerships". As part of the conference **Marsha Krotseng**, Vice Chancellor, North Dakota University System, presented to participants regarding the development of the College Access Challenge Grant in the state. Vice Chancellor Krotseng discussed challenges the University System faces, and how TRIO can assist with those challenges.

**Valerie Fischer**, Director, ND Adult Education, spoke to participants about the GED process in the state, and then led a great question and answer session that was informative to both sides. Dan Bengel, ASPIRE President, joined ND ASPIRE via video conference, and updated state members on regional and national developments.

**Mary Fredericks**, Chair, ND State Initiative Committee, and her committee, hosted a legislative round table on Monday night. State Legislators discussed current legislation at the state level that affects ND TRIO programs and our participants. TRIO alumni and current students discussed their experience as TRIO students, as well as addressing issues that could be considered by state legislators to improve access to postsecondary education in North Dakota.



*State Legislators, TRIO students, and Alumni discuss topics at roundtable*

### North Dakota State Initiative

The 2009-2010 North Dakota TRIO Fact Book will be published on the North Dakota ASPIRE website in the very near future. It will contain new statistics on the positive impacts that our programs are having on college access, retention, and completion rates in North Dakota, plus new stories from ND TRIO alumni describing how TRIO helped them to realize their academic and career goals. More information on the new Fact Book and how you can use it as a basis for discussion with local administrators and legislators will be presented at the state meeting in October. This "Each One, Reach One" (or two, or three ....) public relations campaign will help us to build on the progress we have made with the State Initiative over the last several years. Another new feature on our website is the ND ASPIRE State Initiative blog. The blog will give the State Initiative another way to keep you informed about state, regional, and national issues that impact ND TRIO.

The State Initiative is again following the work of several key Legislative interim committees. These committees will draft many of the bills for the 2011 session. For example, the Interim Higher Education Committee is studying the possibility of changing the way the state allocates money for higher education from a

*North Dakota State Initiative continued*

formula based on the number of students, to a formula based on completion rates. Interim Higher Education will be receiving data on the impact of reform measures recommended by the Governor's Commission on Education Improvement and passed during the 2009 Legislative Session, including new graduation standards, a mandate that all juniors take either the ACT or the Work Keys assessment, plus new merit-based grant programs. The Interim Work Force Committee is studying the feasibility of setting up a higher education trust fund to support student scholarships. In addition to Legislative work, the State Initiative continues to explore ways to partner with the North Dakota State University System, including the North Dakota College Access Network Steering Committee. Derek Sporbert is ASPIRE'S representative on that committee.

## University of North Dakota

Greetings from UND TRIO Programs! Our Upward Bound and Talent Search summer programs both were very successful, with great student attendance and a variety of educational activities.

For the first time, UND Upward Bound hosted the ND/SD Upward Bound Olympics, an event held each June involving Upward Bound Programs from North Dakota and South Dakota. This year over 250 students from 7 Upward Bound Programs participated. Programs in attendance were:

Northern State University, Aberdeen, SD  
South Dakota State University, Brookings, SD  
University of South Dakota, Vermillion, SD  
University of South Dakota MSIP, Vermillion, SD  
University of Mary, Bismarck, ND  
North Dakota State University, Fargo, ND  
University of North Dakota, Grand Forks, ND

The weekend was full of fun, excitement, enthusiasm, and teamwork all because of the students and staff that participated. The programs arrived in the afternoon on June 19<sup>th</sup> and left the morning of June 21<sup>st</sup>. Friday Night activities included motivational speaker and chalk artist, Bob Upgren, and activities at the UND Wellness Center including a rock climbing wall.

Saturday began with opening ceremonies. A speech from USD's Charlie Luecke, USD's Lakota singers singing the Lakota Anthem, and a BIG "UB" on the football field were highlights of the opening ceremonies. Students were able to choose from 30 different events to participate in ranging from hula hoop to basketball and from math masters to egg drop. While event tabulations were occurring the staff and students had the opportunity to tour the Ralph



*Bob Upgren Chalk Art*



*University of North Dakota continued*

Engelstad Arena. The awards ceremonies were held after the evening meal. North Dakota State University was the winner of the Spirit Stick an award given to the program with the best “Spirit.” Saturday evening concluded with activities at the Memorial Union on the UND campus. Students could participate in a talent show, have their photo taken in the photo booth, play pool, or dance the night away!



*UB Students at Olympic Opening Ceremonies*

We would like to thank all the programs and students who participated in that weekend full of activities. It was great to host so many enthusiastic and respectful participants and we also extend our sincere appreciation to the staff from the different programs that assisted with implementing the many student activities.

One other development for our programs is that UND TRIO Programs has been designated to receive scholarship funding for eight former UB, TS, or EOC participants currently accepted into Student Support Services. This is a new source of student aid for TRIO students at UND, and will be of great benefit to SSS retention and graduation efforts.

## Cankdeska Cikana Community College

The CCCC Talent Search program in collaboration with the Jobs & Training program provided activities for the Summer Youth Program for four weeks in the month of July. It kicked off with an orientation for 105 students at the Fort Totten Recreation Center. Each of the four weeks, the advisors provided career and college information, interviewing/resume writing skills, career assessment, leadership activities through Boy Scouts of America, cultural tours of the Calvary Square and Sully’s Hill, and college tours of Cankdeska Cikana Community College and Valley City State University. The program ended with a final farewell picnic for all students with games and prizes for all!



*Students engage in career assessment and resume writing workshops given by TS advisors.*





*Cankdeska Cikana Community College continued*

The CCCC Talent Search program in collaboration with the Youth Inter-agency Committee started the summer off with two Culture Camps for ages 13-17 (1<sup>st</sup> camp) and ages 8-12 (2<sup>nd</sup> camp). The camps were held at the Spirit Lake Ministries camp in Woodlake. A total of 18 students attended the first camp and 40 students attended the second camp. The youth engaged in various activities such as outdoor games, swimming, Native American arts & crafts, storytelling, learned the proper way to set up a tipi, participated in a traditional sweat and many more cultural activities. This is a yearly activity that the youth of the Spirit Lake Nation enjoy; we enthusiastically look forward to next year!



*A climbing wall was provided by the Boy Scouts of America that encouraged students to obtain character-building and confidence.*



*Students gained leadership skills in working as a team to “skin the snake.”*







## Lake Region State College

Rascall Flatts's song "My Wish" was the theme behind this year's Lake Region State College TRIO Day program that honored three students whose hard work helped make their wishes come true.

**Rebecca Anvik, Kim Krebsbach, and Mark Krebsbach** were honored last May 7 at the third annual TRIO Award Ceremony. The TRIO program is designed to assist and motivate disadvantaged students who are low-income, first-generation or disabled. It helps these students reach their full academic potential.

The 2009 award recipients were able to excel at Lake Region State College with the guidance of TRIO Student Support Services staff and their own drive to achieve educational excellence. Although Rebecca, Kim, and Mark all had separate stories, they shared the desire to not only dream big but to accomplish what they set out to do.

Before Rebecca Stallman Anvik enrolled at Lake Region State College in 2005, she worked in a factory. There she met a deaf young man and the two developed a strong bond. Rebecca decided to enroll at Lake Region to pursue an Associate in Applied Science degree in American Sign Language and Interpreting Studies, so she could communicate better with her friend Doug. In the course of her college career, Rebecca was named to the Dean's List three times. In September 2006, Rebecca and Doug Anvik were married. In May 2007, Rebecca graduated from LRSC with an AAS degree.



Since then, Rebecca and her husband have become the proud and busy parents of two children. The family currently resides in Michigan, ND. This fall, Rebecca returned to LRSC to work as an interpreter for two deaf students enrolled at the college. According to ASL and Interpreting Studies Director, Eileen Gray, Rebecca has excellent ASL skills and has a future in Interpreting.

In June 2008, Mark and Kim were married. They are the first married couple to receive His and Hers TRIO Achievers Awards.

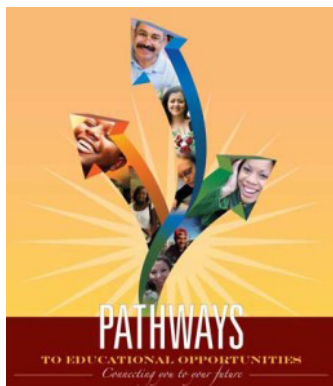


The local TRIO staff includes, Theresa Leiphon, Director of TRIO Student Support Services; Patty Wallace, Program Assistant; Annette Schmid, Vocational Program Coordinator; and Andy Wakeford, Transfer Program Coordinator.

"Our honorees this evening have been unafraid to entertain big dreams, but along the way to realizing those dreams, their worries did not stay small, and they seemed, at times, to carry more than they could hold," Leiphon said at the ceremony. "Happily, they succeeded in overcoming obstacles to achieve success, with help from the TRIO program and from the dedicated staff and faculty of LRSC."

## News from Colorado

### Community College of Denver



July 20, 2009 was an amazing day for the Community College of Denver Educational Opportunity Center, as it marked the 1st annual Pathways to Educational Opportunities fair. The fair was designed to attract the community at large to a one stop shop college access day and it was a grand success. The 8 hour event was attended by over 150 individuals that were seeking access to college! Coming in with a desire to learn and leaving as students of local Community Colleges was the theme for the day. Throughout the day the participants were able to attend twelve workshops and participate in a community resource and education fair. The workshops included:

*Money Myths Scholarships- How to Find Them and How to Compete for Them Financial Aid and the FAFSA*

*College In Colorado: Using the Colorado Online College Planning Tool Finding Your Career Interest Using the Strong Interest Inventory What's Your Type: Exploring with the MBTI*

*College Training Options: Choosing a program and school that fits your needs Pathway from a Community College to a Four Year University Educational Attainment and Occupational Choices*

Although the day was full of work and education there was plenty of fun as well. The attendees participated in a raffle that offered an authentic NBA basketball donated by Denver Nugget's point guard Chauncey Billups, Broncos tickets donated by Denver Bronco tight end Daniel Graham, a Scholarship for three credit hours from the Community College of Denver, and many other prizes!



Rodney Billups, management and brother to Chauncey, delivering the ball



EOC Staff with the recipient of the annual Pathways Scholarship



Participants in the money myths workshop

It was an exciting day for the EOC, a value for the Community, and another great stride for educational equity and access for all!

## New Colorado ASPIRE Board Ready to Take Over

Colorado ASPIRE has an excited board ready to take over. The new leadership is exciting to see and as a board we hope that we will inspire many Colorado ASPIRE members to take an active role by participating as a committee chair or committee member. The more people involved, the more successful we will be as a State and as a Region.



Derek Grubb   Sherie Munoz   Laurie Marano   Manda Barry   Lauren Jones   Rafael Rodriguez

*Not pictured above: LaVonne Martinez—Past-President, Jessica Lanfranco Caballero—Support Staff Officer*

## News from Utah

### Snow College

Snow College Upward Bound Summer Component had a very successful summer. Forty six students attended the residential six week program. These students earned a total of 232 college credits. The credit average was 5 college credit per student. These students earned 94 A's and 15 B's. No one received a grade lower than B.

Upward Bound is participating in the GeoCache program. One of our travel bugs made it to the Czech Republic, Bayern Germany, two are in Texas and one is in Colorado.

The Senior Summer Component Final trip took us to Florida this year. We visited Florida Atlantic University, the Everglades, and NASA at the Kennedy Space Center. Our students saw the shuttle launch and then had dinner with an astronaut. It was a wonderful experience to show our rural students that math and science are within their grasp!



## News from Wyoming



September 16, 2009

Two University of Wyoming McNair students were selected to present their McNair Research at the Society of Chicanos/Chicanas and Native Americans in Science (SACNAS) Rocky Mountain Regional Meeting August 28-29, 2009 in Denver, Colorado. SACNAS has a mission to help assist minority students through the educational pipeline. Students learn about financial opportunities to help them remain in school and how to navigate the world of academia.

**Joshua McConnell**, a Laramie native and junior in Chemical Engineering, gave a poster presentation titled *SERS Detection of Viral DNA Using Morpholino Oligos Tethered to Colloidal Gold Nanoparticles*. Joshua worked under the direction of faculty mentor Dr. Patrick Johnson from the UW Department of Chemical and Petroleum Engineering.

**Raymond Soto**, a junior in Microbiology from Powell, Wyoming, presented a 75-minute workshop for a track titled *Conversations with Scientists*. Raymond incorporated the research he did this summer with faculty mentor Dr. John Willford from the Departments of Microbiology and Molecular Biology. The title of his workshop was: *The Laboratory Research Experience: Planning, Preparation, and Process*.

For further information on the McNair Scholars Program, please contact Zackie Salmon (307-766-3818) or Susan Stoddard (307-766-6525), TTY: (307) 766-3073; e-mail: [mcnair@uwyo.edu](mailto:mcnair@uwyo.edu), or at <http://uwadmnweb.uwyo.edu/SEO/mcnair>.